

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Outreach Teen & Family Services-Aggression Replacement Training

Cohort Total: 25

SPEP ID: 22

Selected Timeframe: Jan. 1, 2013-Dec. 31, 2013

Date(s) of Interview(s): May 1, 2014

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Doug Braden

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Outreach Teen & Family Services is a non-profit, community-based agency that provides counseling and educational services for youth and their families. Services provided include those that address anger management, family problems, school-related issues, depression, anxiety, and drug and alcohol issues.

ART is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: skillstreaming, anger control training, and training in moral reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in moral reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger-Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a **Total Points Possible for this Service Type:** 35

Total Points Earned: 35 **Total Points Possible:** 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 10 **Total Points Possible:** 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 4

Total Points Earned: 10 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

22/25 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10 points

3/25 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 10 Total Points Possible: 25

Basic SPEP™ Score: 65 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 65% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

The Outreach Teen & Family Services Aggression Replacement Training (ART) scored a 65% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy with no qualifying supplemental service. The quality of the service was found to be delivered at a Medium level. The risk levels of youth participating in this program are: 8% as Low Risk; 92% as Moderate Risk or above; and 12% as High Risk. The amount of service provided to the clients was at 68% of the recommended targeted weeks of duration and 56% of the recommended target contact hours for this service type.

The Outreach Teen & Family Services Aggression Replacement Training (ART) could improve its capacity for recidivism reduction through:

1. Improving communication with Allegheny County Juvenile Court on the research supported amount of service that should be provided for this service type.
2. Develop an agency policy that outlines how to prevent drift from delivering ART with high fidelity. During the SPEP Interview, there was discussion on the benefits of formatting internal controls into a policy in order to ensure success. Collaboration with ETA is strongly recommended in order to develop a specific process for Outreach Teen & Family Services.
3. Developing a process wherein the supervisor regularly reviews fidelity forms in order to provide facilitators with specific feedback to ensure Model Adherence.
4. Identifying JPO and agency personnel to work collaboratively toward implementing ways to improve upon the mutual understanding of each other's roles as applicable to ART presentation; addressing attendance issues, ways to avoid absences, matters related to notification/documentation to court of youth's progress.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Outreach Teen & Family Services-Aggression Replacement Training

Cohort Total: 21

SPEP ID: 22-T02

Selected Timeframe: Jan. 28, 2015-Aug. 17, 2015

Date(s) of Interview(s): Jan. 29, 2016

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Doug Braden

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Outreach Teen & Family Services is a non-profit, community-based agency that provides counseling and educational services for youth and their families. Services provided include those that address anger management, family problems, school-related issues, depression, anxiety, and drug and alcohol issues.

ART is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: skillstreaming, anger control training, and training in moral reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in moral reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger-Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35

Total Points Earned: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

21/25 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

2/25 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 12 Total Points Possible: 25

Basic SPEP™ Score: 79 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 79% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Aggression Replacement Training® (ART®) is classified as a Group 5 service; Cognitive-Behavioral Therapy service type. ART® delivered by: Outreach Teen & Family Services scored a 79% for the Basic Score and a 79% Program Optimization Percentage. These scores show an increase of 14 percentage points from the baseline findings of the Initial SPEP™ Assessment. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service: Supervisor of the service will routinely review completed Fidelity Checklists with delivery staff to improve the quality of service delivery.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Outreach Teen & Family Services-Aggression Replacement Training® (ART®)

Cohort Total: 23

SPEP ID: 22-T03

Selected Timeframe: Sep. 17, 2016-Apr. 8, 2017

Date(s) of Interview(s): Jul. 24, 2017

Lead County & SPEP Team Representatives: Bill Shultz, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Melanie King & Shawn Peck

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

Outreach Teen & Family Services is a non-profit, community-based agency that provides counseling and educational services to youth and their families. Services address anger management, family problems, school-related issues, depression, anxiety, and drug and alcohol issues. In addition to offering psycho-educational groups to youth ages 5-21, Outreach Teen & Family Services offers parent coaching and counseling services.

ART® is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and training in Moral Reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles) Over the duration of the program, they are trained in how to respond to their hassles. Training in Moral Reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

Allegheny County Juvenile Probation Officers refer juveniles on their caseloads to ART® if they can benefit from this competency development program, based on charge type or Youth Level of Service Risk/Needs Assessment. Several Allegheny County community providers deliver ART® on Saturday mornings at the Juvenile Court in downtown Pittsburgh. The Court selected Outreach Teen & Family Services as one of these community service providers. Outreach Teen & Family Services provides ART® to these youth in strong collaboration with Allegheny County JPO who schedules the sessions on successive Saturday mornings within 10-week cycles.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. SPEP™ Service Type: Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a **Total Points Possible for this Service Type:** 35

Total Points Earned: 35 **Total Points Possible:** 35

2. Quality of Service: Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 **Total Points Possible:** 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

23/23 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

1/23 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 12 Total Points Possible: 25

Basic SPEP™ Score: 79 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 79% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Aggression Replacement Training® (ART®) as delivered by Outreach Teen & Family Services scored a 79% for the Basic Score and a 79% Program Optimization Percentage. These scores represent no change in percentage points from the previous SPEP™ Reassessment and an increase of fourteen percentage points from the initial SPEP™ Assessment. It was classified as a Group 5 service; Cognitive-Behavioral Therapy service type. The quality of service delivery was found to be at a High Level. The amount of service provided to the youth was 74% of the recommended target weeks of duration and 74% of the recommended target contact hours for this service type. The risk levels of youth that received this service were 0% as Low Risk, 96% as Moderate Risk, and 4% as High Risk. This service could continue to improve its capacity for recidivism reduction through:

1. Regarding Amount of Service:
 - a. Collaborate with Allegheny County JPO to address attendance issues.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Outreach Teen & Family Services - Aggression Replacement Training® (ART®)

Cohort Total: 45 SPEP ID: 22-T04

Timeframe of Selected Cohort: Jun. 3, 2017 - Jun. 30, 2018

Date(s) of Interview(s): Jun. 7, 2019 & Jun. 7, 2019

Lead County & SPEP Team Representatives: John Fiscante, Allegheny Co. & Christa Park, EPISCenter

Person Preparing Report: John Fiscante, Allegheny Co. & Christa Park, EPISCenter

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (500 word limit)*

Outreach Teen & Family Services is a non-profit, community-based agency that provides counseling and educational services to youth and their families. For over four decades, Outreach Teen & Family Services' master's level/licensed therapists have helped youth address anger management, family problems, school-related issues, depression, anxiety, and drug & alcohol issues. In addition to offering psycho-educational groups to youth ages 5-21, Outreach Teen & Family Services offers parent coaching and counseling services. Sessions are offered during the evenings and weekends to better accommodate youth/family schedules. Several Allegheny County community providers deliver Aggression Replacement Training® (ART®) on Saturday mornings at the Juvenile Court in downtown Pittsburgh. The Court selected Outreach Teen & Family Services as one of these community providers. Outreach Teen & Family Services provides ART® to youth in strong collaboration with Allegheny County Juvenile Probation Officers (JPO) on successive Saturday mornings within 10-week cycles that Allegheny County JPO schedules. Allegheny County JPO refer juveniles on their caseloads to ART® if youth can benefit from this competency development program, based on charge type and/or Youth Level of Service risk/needs assessment. ART® is an evidence-based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills. ART® is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training. ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Outreach Teen & Family Services has used the Performance Improvement Plan (PIP) of the SPEP™ process to enhance their delivery of ART®.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35 ☒

Total Points Earned: 35 ☒ Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 ☒ Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6 ☒

Points received for Dosage or Number of Hours: 6 ☒

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

43 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 ☒ points

13 youth in the cohort are High or Very High YLS Risk Level for a total of 8 ☒ points

Total Points Earned: 20 Total Points Possible: 25

Basic SPEP™ Score: 87 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 87% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

1. Quality of Service Delivery
 - a. Response to Drift
 - i. Update existing drift policy (i.e., "Program Fidelity-ART") by referencing other supportive agency policies and/or creating an addendum based on training materials to enhance the "if-then" approach for response to drift.
2. Amount of Service
 - a. Maintain communication with Allegheny County JPO to ensure research recommendations for the target amount of service for each youth are being met.
3. Risk Level
 - a. Maintain collaboration with Allegheny County JPO to consider the appropriate risk level for each youth.
 - b. Increase collaboration with Allegheny County JPO to consider each youth's responsivity factors during treatment.